

**CLUB DRUGS**

Club Drug expert Roger Jadosz illustrates affects of club drugs on college students.

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**ARTSY**

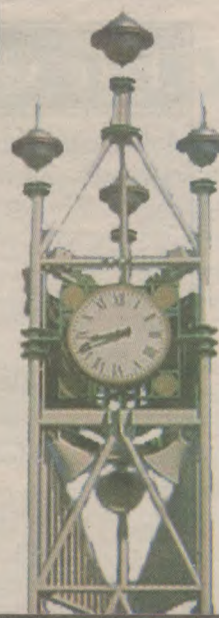
J&W accompanies 25 art galleries for Providence's gallery night

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**FEELING DOWN?**

Cure your stress and tension with regular exercise. Get informational tips and advice.

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THE STUDENT-RUN NEWSPAPER OF JOHNSON & WALES UNIVERSITY

# THE CAMPUS HERALD

Volume XXV Issue 6

PROVIDENCE, RHODE ISLAND 02903

November 10, 2004

**LOCAL  
FORECAST:**

**Wednesday**  
Nov. 10



Mostly Sunny  
42°/38° Precip. 10%

**Thursday**  
Nov. 11



Mostly Sunny  
50°/38° Precip. 20%

**Friday**  
Nov. 12

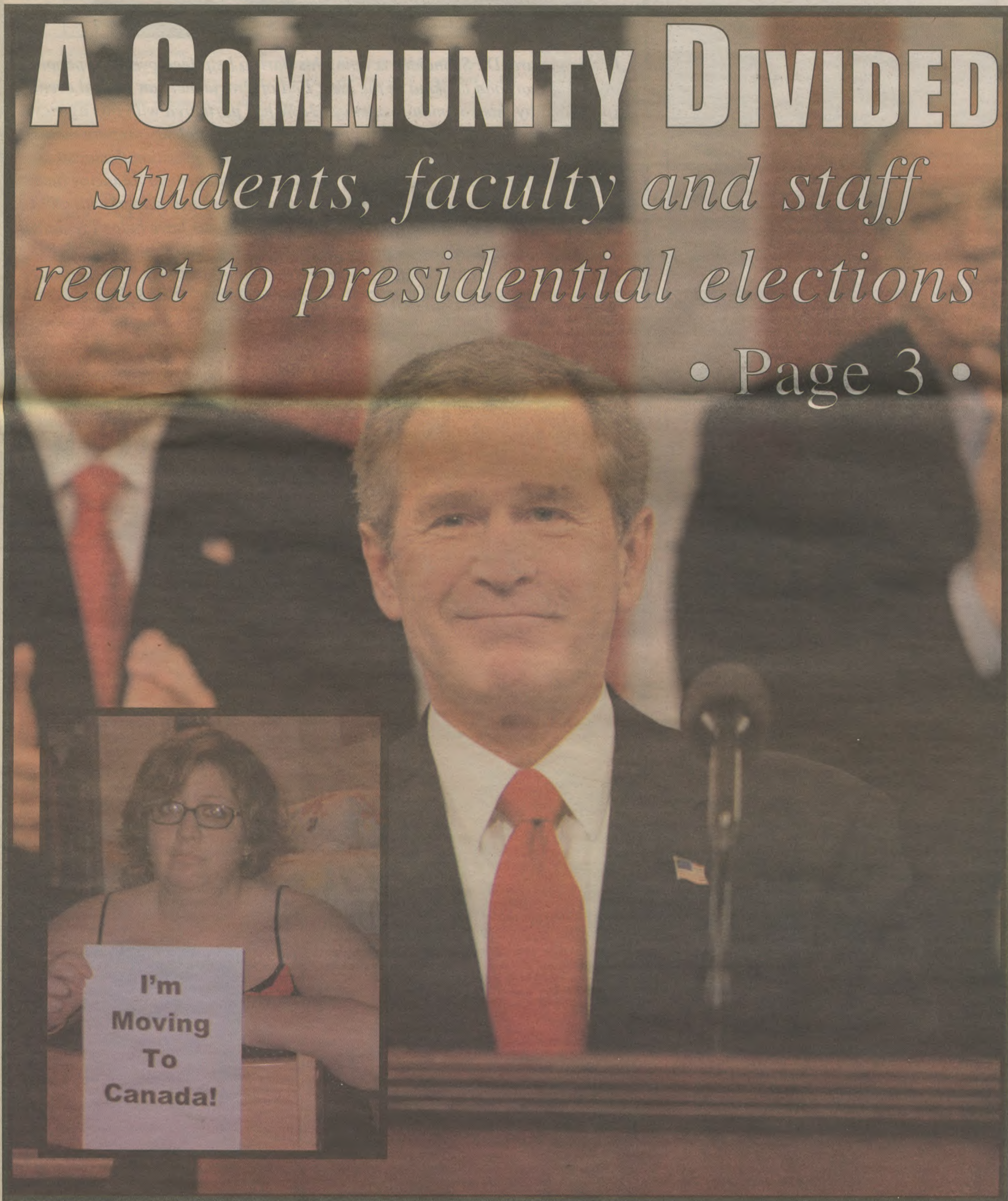


Few Showers  
47°/28° Precip. 30%

## A COMMUNITY DIVIDED

*Students, faculty and staff  
react to presidential elections*

• Page 3 •





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The Campus Herald invites Letters to the Editor, and guest commentary from students, faculty, or staff, and also from non-University community members.

Letters to the Editor must include the writer's name, signature and phone number. We ask that faculty and staff list the department in which they work. Letters should be no longer than 250 words in length. The Campus Herald reserves the right to edit all articles for space and accuracy. Please submit articles by mail, fax, or in person to The Campus Herald no later than 4:00 p.m. on the deadline date. Mail letters to Johnson & Wales University; Attn: The Campus Herald; 8 Abbott Park Place Providence, Rhode Island 02903. Fax to 401-598-1171. E-mail to campusherald@jwu.edu. Hand deliver to The Campus Herald office in the Citizens Bank Center for Student Involvement (3rd floor) on Weybosset Street.

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### Newstips and Story Ideas

The Campus Herald welcomes all content suggestions. If you feel we are not covering a specific event/topic please feel free to contact us via the information listed above. News tips and story ideas can be emailed, faxed, mailed, or hand delivered. Please provide as much information as possible.

## WHERE IN THE WORLD IS DR. SCHNEIDER?



*In this picture, Dr. Schneider is doing his part to help feed over 800 people at a neighborhood cookout in the West End of Providence, an annual event sponsored by this community agency. J&W has partnered with this agency for ten years – J&W culinary and pastry practicum students prepare meals at the weekly soup kitchen and provide culinary and nutrition demonstrations at the food pantry, members of the Senior Management Academy have helped serve at the soup kitchen, work study students have helped with clothing distribution and children's programs, CSL students have helped repaint and renovate the facilities as part of Rebuilding Together with Christmas in April, and students and chefs have provided Veggin' Out demos in the summer. If you're a student and you can correctly guess the agency name, please email [feinsteincenter@jwu.edu](mailto:feinsteincenter@jwu.edu) to be entered into a drawing to win IMAX tickets.*

## SAFETY & SECURITY BLOTTER



• Monday, 10/18, 11:25 pm Student Arrested at a Residence Hall Charged with assault.

• Tuesday, 10/19, 11:45 am Car stolen from Shipyard Street. Student reported his car missing from the street. Police were notified.

• Tuesday, 10/19, 3:00 pm Car stolen from Shipyard Street. Student reported his car missing from the street. Police were notified. Vehicle was recovered by police.

• Tuesday, 10/19, 5:45 pm Student arrested off campus near Xavier building. Charged with assault.

• Tuesday, 10/19, 9:00 pm Student arrested in a residence hall parking lot. Charged with a narcotics violation.

• Wednesday, 10/20, 1:30 am 3 students arrested at Gaebe Commons The three students were charged with Disorderly Conduct. One student was also charged with Assault on a Police Officer

• Wednesday, 10/20, 11:30 pm 2 students arrested at Gaebe Commons. Charged with Disorderly Conduct.

• Thursday, 10/21, 12:00 pm Student assaulted at off-campus apartment. suspect described as a male about 6 feet tall, wearing a black hooded sweatshirt. Student reported to police a male subject, identifying himself as "Henry", knocked on his door and asked for the student by name. When the student opened the door the subject stuck the barrel of a shotgun through the door. The student was able to force the gun barrel from the doorway and slam the door shut.

• Friday, 10/22, 12:30 am Student assaulted in a resi-

dence hall. One suspect is described as a black male, medium height, wearing a white t-shirt with a black number (21) on the back. The second suspect described as a black male. No further description. Both suspects were identified by their driver's licenses, which were at the front desk. A male student reported he was assaulted in Snowden Hall by two non-students. The student reported he was unlocking his room when two male subjects approached him and made comments about his clothing. One subject punched the student in the face and he fell to the floor. The student was kicked by both subjects while he was on the floor.

• Friday, 10/22, 4:30 am Student arrested at a residence hall. Charged with Sexual Assault.

• Friday, 10/22, 4:40 am Student arrested at a residence hall. Charged with Disorderly Conduct and Simple Assault on a police officer.

• Saturday, 10/23, 12:11 am Student reported a sexual assault. A female student reported a male student forcibly fondled her during a taxi ride.

• Sunday, 10/24, 1:30 am 2 Students arrested in a residence hall in separate incidents. Each charged with a narcotics violation.

• Sunday, 10/24, 4:00 am Student arrested in a residence hall. Charged with a narcotics violation.

• Tuesday, 10/26, 2:00 am Car stolen from Shipyard St. Student reported her car missing from the street.

• Wednesday, 10/27, 5:30 am Car stolen from Hospitality Lot. Student reported car missing from the lot.



# Elections: Students show support for Kerry

BY KARLA PIRNER & JOHN  
ORTENZIO  
Herald Staff

President George W. Bush was re-elected last Tuesday, defeating Senator John Kerry and breaking the hearts of many University community members. Numerous students on-campus took the time out to register and vote for their chosen candidate this election year. Professors spent the days after and before the election stimulating debate and conversation in regards to the election. Election dialogue was heard in office buildings, in lounges and by staff members.

Students were either highly disappointed with the results in hopes of a different outcome, or overjoyed with the ending. Dr. Walter Anthony, a professor for Foundations of Leadership, said, "The election is over, and there isn't anything else we can do, but move on as a country." Dr. Anthony said he stayed awake until 3:30 a.m. in the hopes of finding out who the next President was going to be during

his 8:00 a.m. class.

Nadinea Ramanaria, a student also said that she was up late the night of elections to watch as the results appeared on TV.

Days before the election, students expressed their beliefs in classrooms and in dorms. Jason Hollyoak, a Network Engineering Freshman said days before the election, "If bush wins, God help us all. We invaded Iraq for no apparent reason other than our greed for oil. And the economy has suffered. I think it's time for a new president."

Other students discussed the importance of voting in general. Joelle Martins, a Marketing Freshman said, "I think it's a very important election, because it's our country, we're the people who decides who are going to lead us in good and bad times."

The Student Government Association assisted in registering over 600 students during September and October for the election. Freshman Kailee Robinson registered to vote at one of the events so she can vote at home in Florida "to make sure Bush stays in office."

Those disappointed in the outcome let their emotions out Wednesday morning.

"It is a waste of time, either way they are both not really good for America."

-Shanell Davis, Freshman

"I can not wait for this election to be over. This entire campaign, all the candidates have done is try to show up the other. I heard almost nothing about what they will do for me."

-Andrew Provenzano, Freshman

Tanya Rogers, a staff member and Kerry fan was disheartened. "I am sincerely fearful of the future of the American nation and its citizens. We are turning into a second world country, a country of laborers without healthcare and soon without social security," she said.

Rogers continued, "I lived abroad, in London, amongst students from all around the world in 2003. No one spoke to me the day we went to war in Iraq. I am an educator because I want America to become a more educated country. I wish citizens were more educated. America is structured on that of the Roman Empire. I fear the day our empire crumbles," she concluded.

Other students and members of the community expressed their frustration in the voting process. One student said she felt like she was lied to and that her vote really didn't count. She said she didn't make a difference.

On the other side of the spectrum, those in support of Bush were heard chanting, "Four more years" on Wednesday. When asked their reason for supporting Bush many students expressed their concern in the War on terror and taxes.

## SNAPSHOTS - WORLD SERIES CELEBRATIONS

Students crowded Gaebe Commons last week to celebrate the Red Sox defeat of the Cardinals in the World Series.



PHOTOS BY BRYAN YOUNG



# Jadosz discusses affects of club drugs

## Registered nurse urged students to have fun safely

By GINGER J. VIEIRA  
Staff-Writer

Roger Jadosz offered an informative presentation at the Pepsi Forum on October 18 regarding the facts and consequences of using club drugs.

Jadosz, currently a registered nurse working in the Student Health Services Department at the University Of Rhode Island, is also the head of the Project GHB Organization chapter in Rhode Island. Project GHB is a program committed to creating a better awareness of the risks of using drugs such as GHB, ecstasy and ketamine. It also serves as a support center for the victims of rape, overdose or addiction.

Jadosz became involved in the program when he found that despite the many alcohol and substance abuse centers at most colleges, serious drug use was being completely overlooked.

A great deal of time of his is spent educating police, nurses and doctors about these drugs because, "Not enough of them know about it."

According to the National Institute on Drug Abuse, the four most popular drugs involved in the nightclub or rave scene include ecstasy GHB, ketamine, and rhy-nol.

Ecstasy, also known as "E" or the "hug drug," is not only a quite popular stimulant but also very easy to acquire and fairly inexpensive compared to other drugs. When taken in large doses, ecstasy can have severe effects on the body's ability to regulate temperature, usually causing the user's temperature to rise sharply.

For those who use ecstasy frequently, it is not uncommon to experience depression several days after use.

Jadosz emphasized the most dangerous aspect of ecstasy is that it comes in over 1,000 different types of pills, and you can never be sure what is also mixed with it.

If you ever see somebody selling 'candy necklaces' for about \$200, it is definitely ecstasy," Jadosz said.

Jadosz described a person on an overdose of ecstasy resembling a fish out of water, constantly moving and waving their limbs, completely unaware of what is going on.

GHB, ketamine, and rohypnol are all central nervous system depressants. Often referred to as "date rape" drugs, they are all colorless, odorless and tasteless, allowing them to easily be dropped in a person's drink without their knowledge, often leading to sexual assault.



PHOTOS BY BRYAN YOUNG

Jadosz is a registered nurse at the University of Rhode Island department of Student Health Services. According to Jadosz, it angers him to see students take drugs of any sort.

GHB, also known as soap or liquid ecstasy, is also used by body builders because of its effect on the metabolism, helping to burn fat quickly. The common side effects and dangers of using GHB include seizures and comas. When combined with alcohol or other drugs, the effects include severe breathing difficulties and nausea.

"This is the drug that terrifies me the most. It's nothing like Cocaine, nothing like Heroin," Jadosz explained.

Through the Rhode Island chapter of Project GHB, Jadosz has dealt with 600 addicts and over 400 deaths related simply through GHB.

"If you see people selling bottles of water for ten dollars, it's GHB. It looks like water, but if you shake it and see a lot of bubbles or notice it looks thicker than water, it's GHB. It has a slightly salty taste too."

Jadosz continued, "the dangers of taking GHB when you are completely unaware of the concentration of the drug in the water. 'One shot of GHB can knock you down if the dosage amount is really high. You have no way of knowing until you drink it.'"

GHB has also become an incredibly dangerous date rape drug. "The drug only stays in the body for up to 12 hours, making it impossible to prove if a woman was drugged in a court case," explained Jadosz. He continued to describe the situation of a man who would bring women home to his house, drop GHB in their drinks, rape them and videotape everything. The next morning they have no recollection of the incident because of the drug's severe effect on memory. Today that man is serving a jail sentence of over 124 years.

Jadosz reported, "Anywhere you find steroids, you find GHB." Mike Scarcella, once Mr. America and a well known body builder, began using GHB because of its false reputation as an aid in building muscle. He became addicted, lost his family and eventually committed suicide.

"A lot of addicts end up committing suicide, because they don't remember the excruciating, painful experience of detox, so they get right back into the drug as soon as they're out. The withdrawal also produces a severe depression, leading to suicide," said Jadosz.

Ketamine, originally used for anesthetic purposes in medical facilities and as an animal tranquilizer, can also be injected or snorted. Commonly known as Special K, the drug induces hallucinations.

"You know when somebody's drugged up on Special K when they're walking around like a zombie," said Jadosz.

"I just want to raise the level of awareness," said Jadosz. "It pisses me off that people are doing this stuff. You don't know what you're taking and it can affect it can have for the rest of your life," said Jadosz.

Jadosz offered tips for being careful while partying in clubs.

"Watch your drink, from the minute you order it to the moment the bartender hands it to you, until you finish it. If you hear a ringing in your ears, there's a good chance you were drugged."

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# Creative writing lecture inspires students

BY APRIL PAVIS

Staff-Writer

Author and Rhode Island College (RIC) English professor Dr. Thomas Cobb visited J&W in October to deliver a lecture on creative writing entitled *The Inefficiency of Creativity: On Not Finding Pawtucket*.

Dr. Cobb immediately involved his student audience by asking how many of them knew their way to the town of Pawtucket, RI. Upon realizing that only half of them could get there without the use of a map, Cobb went into his theory on why it's best to not know where you're going.

"If you head north you'll see a sign. If you head south you'll end up where? Newark? Richmond, Virginia? Key West?" Cobb's point was, "If you don't know where you're going, you've got a chance."

The chance Cobb was talking about was the creative path of writing. "There's depths of your own mind you haven't experienced yet. Writing takes you there." Cobb extended the metaphor by describing how stumbling upon Key West and all of its unknowns is far better than going north towards a familiar territory.

If when you sit down to write a story you know everything that is going to occur, you have abandoned the path of creativity. However, if you just write and not look back (or forwards) you will write what comes directly from your imagination. That style of writing is what shocks Cobb with his own works of fiction.

"Lies have become negative; partly due to Bill Clinton. Partly due to George Bush," stated Cobb, getting a laugh out of quite a few students. "Things happen. We react by it. By lying you reshape it to make it better," Cobb continued, impressing

upon his audience that lies told through the medium of creative writing or stories are what make something otherwise characterless, interesting.

Dr. Cobb had his audience recall the days of middle school when, at the dinner table, your parents asked you what you did that day. What you found interesting, they did not, making it hard for you to come up with something worth telling. "We read some stories. Did some numbers. Tony Graham got eaten by a bear, you'd say, and immediately your world became better." Such stretches of the imagination are what lead Dr. Cobb to the beginnings and endings of his stories. "The best kind of lying is lying on the fly," claimed Cobb. "Start writing and you'll find your ideas," is the technique Cobb used when writing *Getting Bud*.

Cobb presented his second short story *Real Stories of True Crimes* by explaining his background in the law enforcement field. For years Cobb worked at the Arizona State Prison as an English instructor. During those years, "I would start to hear voices. Not my voice. Voices I've never heard before," admitted Cobb. (He once confessed his self-proclaimed psychotic behavior to a woman during their first date and advised audience members to not repeat that mistake.)

The voices were apparent as he read each chapter of his story. Cobb continually changed the tone he wrote in, as well as the physical voice he used as he read out loud to the students. One part that created quite a commotion from the audience was during the last chapter in which the character, an auto part deliverer, had a powerful sexual encounter with an unknown woman he met in a bar. The guilt of the sporadic affair overwhelmed her and while she was hysterically crying he proceeded

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- DR. THOMAS COBB

to savagely beat and kill her.

A few audience members didn't know how to take that and let loose an unnecessary, and rather loud, laugh. For the most part, though, listeners seemed to be shocked silent. "I was kind of disturbed," stated freshman Amanda Pidacks, "It wasn't what I was expecting."

Cobb's experience as a prison guard helped give him the outlook that led to his creativity. After leaving the prison every night, "You appreciate the ability to do whatever you want in the world," said Cobb.

Dr. Cobb quoted English poet William Blake, stating, "I give you the end of a golden string, but roll it into a ball it will lead you to the golden gates of Heaven." Cobb believes, "The rolling process is writing fiction. Keep winding and you don't know where it's going. It leads you someplace you've never been. If you're lucky it'll lead you to the 'gates of heav-

en'."

In 1987, prior to moving to Providence to work for the Department of English at URI, Dr. Cobb received his Ph.D. in English at the University of Houston. Fifteen years earlier he graduated from the University of Arizona with a Master in Fine Arts degree in Creative Writing. That was following, of course, receiving his Bachelors and Associates degrees in English at the same southwestern university.

Upon receiving his associates degree, Cobb began teaching at the Eastern Arizona College as the Director of Creative Writing. His experience with prisons came shortly after that when he became Arizona State Prison's Instructor of English. In 1982, after owning Tuscan, Arizona's Sixth Street Books store since 1972, Cobb decided to become a graduate teaching assistant at the University of Houston. He gradually moved up to Acting Director of Lower Division Studies, which he left in 1987. Throughout his years as a teacher, Dr. Cobb has taught everything from Basic and Freshman English to Advanced Creative Writing; not to mention over sixteen more related courses and workshops.

In 1983 Dr. Cobb was presented the Texas-based Brazos Award, a creative writing award. Shortly after in 1987, his first novel *Crazy Hearts* was published. In 2002 the George Garrett Fiction Prize for excellence for a short story or collection of stories was awarded to Cobb due to the Texas Review Press's admiration for his work. In December of 2003, Cobb's most recently published work entitled *Acts of Contrition* was released. Dog Company is currently being revised and edited, and will be Cobb's next published book.

## Frank Duchala: Setting goals and achieving excellence

BY GINA MORRIS

Staff-Writer

### • Professor Profile •

Frank Duchala, a professor in the College of Business, has recently settled himself into a full time teaching position, and an office in the Entrepreneurial Center on the first floor of the TACO building, after three years as an adjunct professor with the university.

He has climbed the ladder to the top by achieving all of his planned goals one by one.

During the fall trimester, Duchala teaches Senior Management Seminar, Introduction to Entrepreneurship, and Managerial Technology. The desire to teach at the University began when he observed that "the values practiced at J&W coincided with my values and reasons for teaching."

"I was an adjunct for three years and valued the mission which put students and their success ahead of everything else," he said.

Born and raised in Johnstown, New York, the professor had a personal affinity for learning. He wanted to enrich the lives of others through education.

"I wanted to be able to help others...I wanted them to see that learning is a powerful tool that can help them achieve anything they set their mind to."

The aspiring teacher attended the State University of New York at Oneonta and received his undergraduate degree in Liberal Arts History. At the same university in Albany, he went on to earn two Master's degrees, one in Education with a focus in Adult Learning, and a second in Public Administration.

As a recent graduate, Duchala dove right into teaching. His first job was teaching seventh through twelfth grade Social

Studies at Draper High School in Schenectady, NY. The school no longer exists, as it was merged with another district's system in the early 80s.

Although his first teaching experience proved to be great, he realized his true calling was teaching at the college level. But first, he ventured into the business world and gained the experience he uses today teaching business courses.

In the late 70s, Robert J. Finnegan & Associates, located in Acton, MA, hired the young man to be a consultant. At the time, the company contracted with municipalities and adjusted their property taxes. Duchala's role was to reevaluate the property in the area in order to make the needed adjustments.

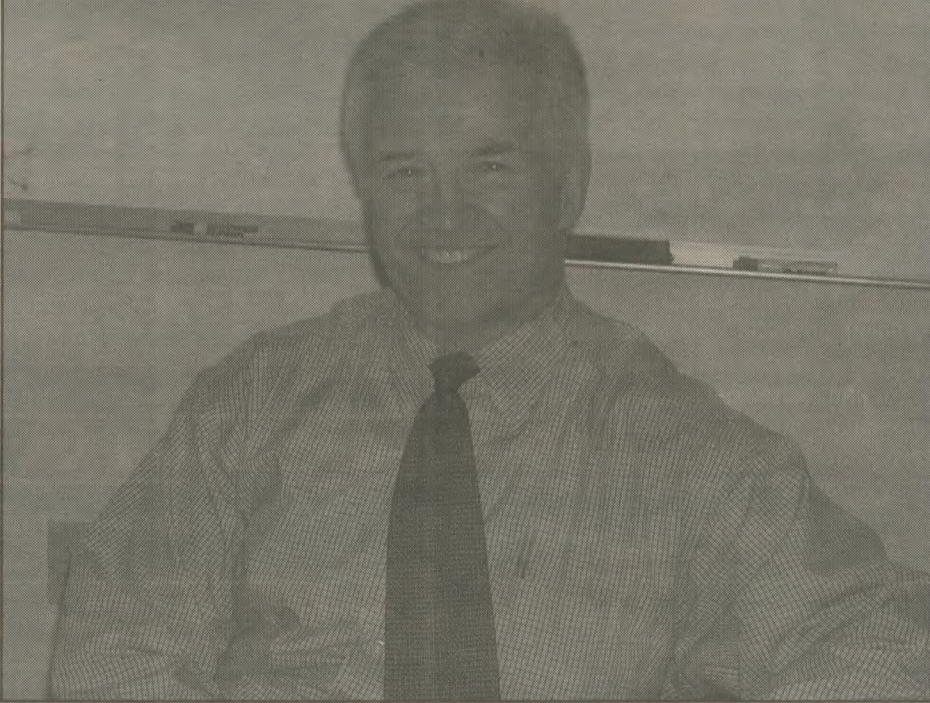
Duchala's best advice to a recent graduate seeking employment is to network and begin this immediately after you enter college. He urges students to take advantage of tools J&W offers, such as the Career Conference, and talk to their professors.

"The best way you are going to start your career today and get a job is to show people the value you can add. Once you show people you can add value to a company, then you begin to develop opportunities for yourself."

From an early age, the professor's parents taught him to set goals. And as a result, Duchala is firm in his belief of the structure of setting goals.

"My parents were great at helping me define what I wanted and setting up practices and/or processes," he said proudly. However, "goals always have a degree of difficulty. Patience, persistence, and a positive attitude are critical to helping one

PHOTO BY GINA MORRIS



Frank Duchala teaches Senior Management Seminar, Introduction to Entrepreneurship, and Managerial Technology

achieve goals."

It is this practice of goal-setting that has allowed him to achieve excellence in all aspects of his life.

"Excellence comes from a focus, it's not so much about outcome as it is about process. With a good plan in place, excellence will be the end result." And what better an example of good planning and timely achievement of goals than his short, three year rise from an adjunct to full time professor.

To handle stress and balance work and his family, Duchala employs prioritization. Outside of teaching at the university, he also enjoys tennis, running, and reading. Spending time with his family is very

important, especially with his eighteen year old son who has begun his first year in college.

"My interest lies in seeing what goals he has set for himself and how he plans to achieve them. I have tried to coach him and hopefully he has put some of our collaborative ideas about goal attainment into practice."

Also, like every parent, I want my son to succeed in his chosen endeavor."

With a successful past and present, the future is looking bright as well. Duchala has recently started doctoral work in Theory of Educational Administration.

As for Duchala's ultimate goal, "I want to be the best educator that I can become!" And he is well on his way.



# Facilities begins construction on Harborside Campus

## Student Center to become signature building

BY ALEXIS JUNGDAHL  
Assistant Editor-in-Chief

The University has taken steps towards radical changes on campus with the start of new construction on the Harborside Campus. A proposed September 2006 date is set for the opening of many new facilities at the Providence Harborside Campus.

Construction began this month on the large abandoned area encompassing the Harborside Campus. While students shouldn't expect to see buildings going up in the near future, they can get excited about what is in store for their future.

The site, once an industrial wasteland, was purchased by the school. The land must be prepared before any building construction can take place. Currently the University is working to fill in the site and address issues with its low ground levels. When these major issues are taken care of the real planning and construction will begin.

Headlining a new trend in universities across the country, J&W may allow developers to build on school owned land. A privately owned, not for profit business may have the opportunity to build student apartments that would be available to all students. Chris Placco, Vice President of Facilities Management claimed that everyone will benefit from this construction.



**Loud bangs can be heard across the Harborside Campus as construction has begun for ground leveling.**

The apartments are planned to provide housing for students without cost to the university. J&W will prepare the site for development regardless of whether they are built.

Anything a student or staff member could ask for has the chance to be apart of the new Harborside campus. Tennis courts, running tracks, classrooms, walking paths, and access to the bay are all potential fea-

tures for construction.

A possible collaboration with Save The Bay is being developed. The organizations are discussing the possibility of teaming up with J&W to build a dock that both groups can utilize. J&W for sailing and recreation and Save The Bay for research and vessel storage.

Placco and other officials hopes that, eventually, that Harborside will act as a base for much of the students' activity on campus. "In the long run this whole Harborside Campus will be a wonderful place," he said, enthusiastic about the construction and the Universities future.

Facilities Management and J&W haven't forgotten about the proposed Student Center ether. While no formal plan or date have been set it is in the students future. A space needs analysis places the center on the Downcity Campus, somewhere between Johnson Hall and the John Hazen White building. Placco believes that the student center will eventually become the signature building for the University.

The department has just finished construction on the newly renovated Harborside amphitheater. They are currently working to repair and improve buildings around campus, install new sewers and address storm water issues.

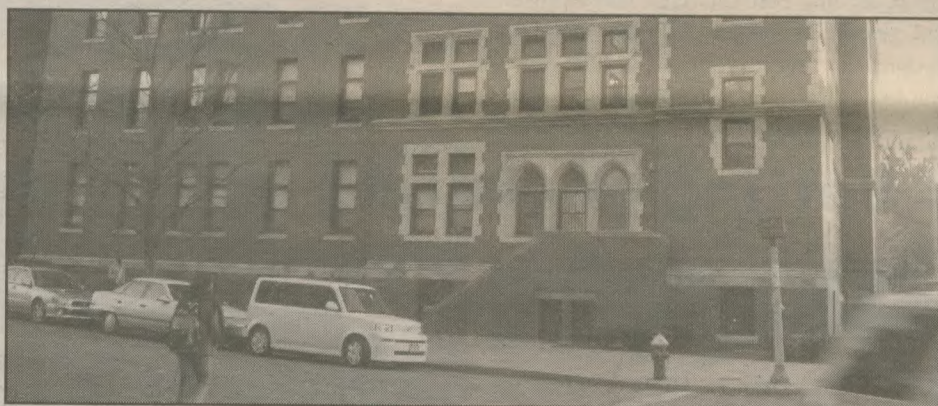
# Ghost hunter investigates Xavier Hall

BY ALECHIA DOW  
Staff-Writer

Ghost Hunter Ross Allison visited Johnson & Wales University Monday night on October 25 as part of University Involvement Board's (UIB) Freak Week happenings. His objective was to inform the students on the history, past and semantics of ghosts and how to hunt for them.

The evening began with a great turnout for the UIB, as the interested crowd nearly filled the Pepsi Forum. A young man in fashionable gear with spiky hair appeared with a slide show, laser pointer, laptop and radio equipment.

Allison is the President and founder of a three year old organization called AGHOST, Amateur Ghost Hunters of Seattle Tacoma, in which there are 100 physical members conducting investiga-



tions. According to their website, www.ghost.us, AGHOST has made it their quest to provide substantial evidence that we are not alone in the dark.

His slides consisted of information about the paranormal, ghosts and ghost hunting. One slide gave statistics stating that in 1999, 48 percent of the United States said they believed in ghosts and the numbers have increased this year to 51

percent, 58 percent of which are women. To the skeptical men in the audience, he said kindly to "keep an open mind." Broken up occasionally by some jokes, voice recordings of ghost communication, as well as video recordings of orbs, lingering ghosts caught on camera, the presentation was historically informative.

After an hour of presentation, the audience was prepared to go on a ghost hunt.

They were split up into three sections - psychics, tech's, and observers. The psychics sensed the emotional energy. The tech's used Allison's equipment to measure ghost energy, while the observers took pictures hoping to capture orbs.

The sections walked briskly around Xavier Hall, where there are numerous ghost stories about the happenings at the old convent. There is no substantial evidence to any of these rumors.

Allison searched the area for anything, yet came up inconclusive. When the search concluded, he gathered the audience, and said "Most people fear what they don't understand, I hope now that you understand a little more about ghosts through our investigations. Thank you for joining me."

He took questions, and told the audience that after visiting J&W, he was off onto his next new ghost hunting investigation.

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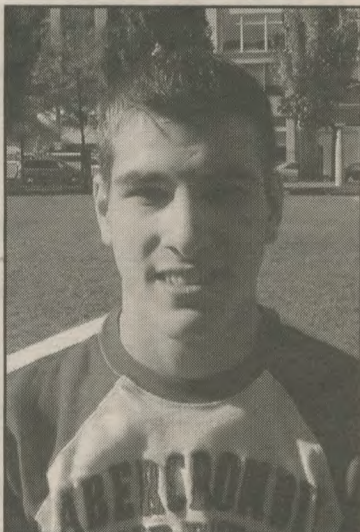


# SPEAK OUT!

The interactive, 'Speak Out' section of The Campus Herald is meant to provide the University community with a professional forum to voice their ideas and opinions. To submit a question for 'Speak Out' please email [campusher-ald@jwu.edu](mailto:campusher-ald@jwu.edu).

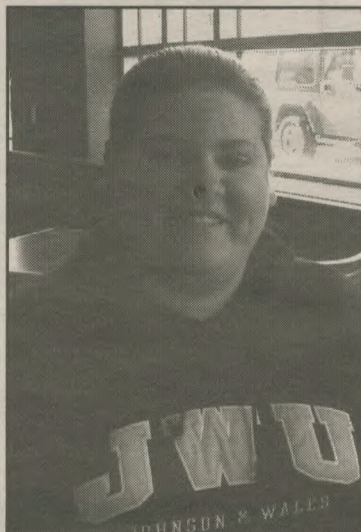
## WHAT'S YOUR FAVORITE THANKSGIVING DISH?

**Dan Matteri - Fr.  
Marketing**



"Stuffing because my grandmother makes it with special ingredients."

**Allie Dines - Fr.  
Hotel Management**



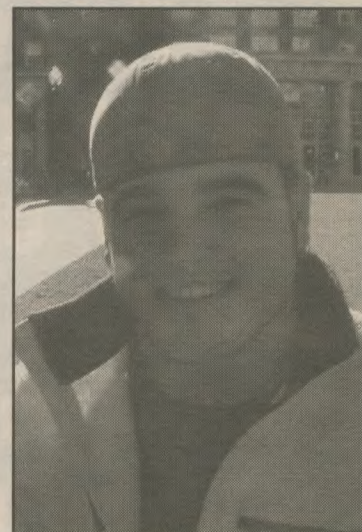
"I love mashed potatoes and gravy. It's the perfect comfort food."

**Raul Vicente - Jr.  
Hotel Mangement**



"My grandmother's pumpkin pie. She won't tell anyone the ingredients inside."

**Eddy Ruff - Fr.  
Criminal Justice**



"Stuffing. It's amazing!"

**Natalie Doyle - Fr.  
Hotel Management**



"Turkey and stuffing because it fills you up the fastest."

**Trica Dever - Fr.  
Hotel Mangement**



"I like the pumpkin pie. I like eating the inside but not the crust."

**Gabe Lopez - So.  
Electrical Eng..**



"I guess I'm old fashion, I like turkey. Lots and lots of turkey. It's the tryptophan."

**Jason Jones - Sr.  
S.E.E.**



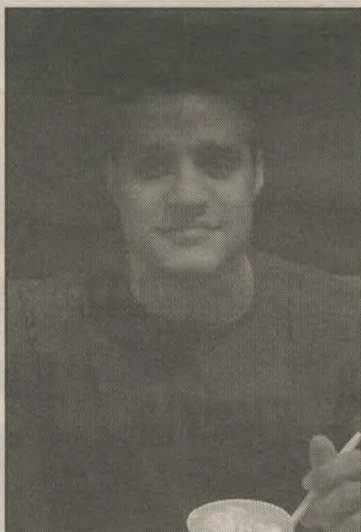
"Turkey. I'm a very picky eater."

**Steve Dean - So.  
Management**



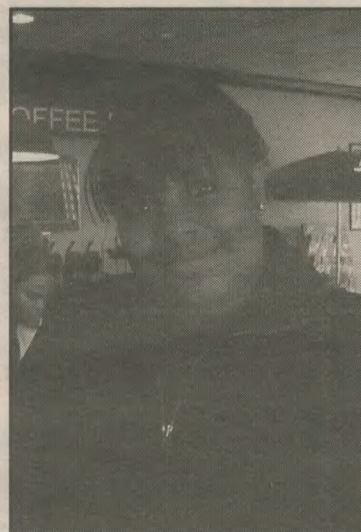
"The smoked turkey is my favorite. One turkey brings the family together but two are just the bomb."

**Tomas Ruperto - Sr.  
Food Service Mgmt.**



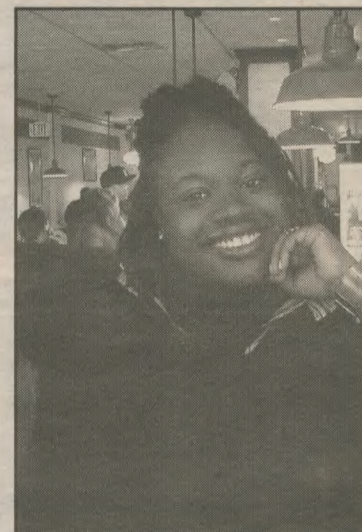
"Some rice and beans. Spanish food is the best in the world."

**Latoya Lewis - Sr.  
Criminal Justice**



"Apple pie because my mother makes it from scratch. Dough and all."

**Kennesha Patton - Sr.  
Criminal Justice**



"Candied yam. Has to be really sweet because I'm so sweet."

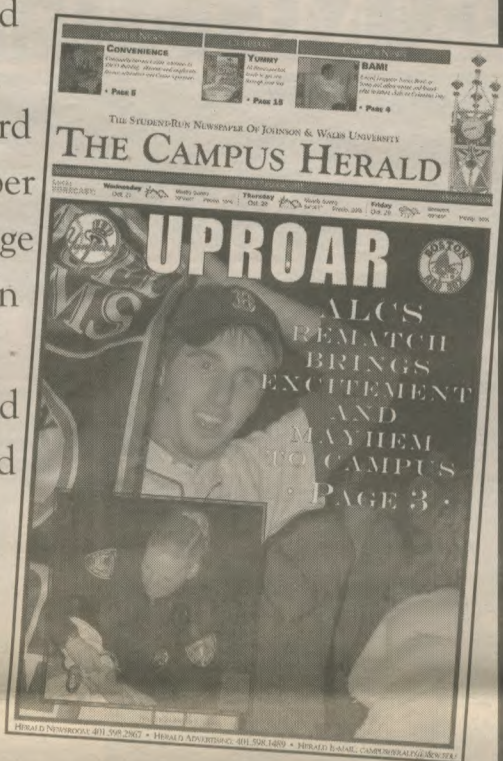


# IDEAS & OPINION

## AN AWARD WINNING NEWSPAPER



Just days ago, The Campus Herald was awarded with an Associated Collegiate Press Best of Show Award for general excellence in our October 27 issue at the ACP National College Media Convention. As we relish in the triumph of only our second ACP award in our history, we would like to thank our staff members and all of those among the University community for sparking drastic change and improvement to our newspaper recently. We would especially like to thank and say goodbye to our advisor Scott Lyons who will be departing us this trimester. We love you and wish you the best of luck Scott. Thank you for molding us into successful college journalists.



## It's All Over

By KARLA PIRNER  
Ideas & Opinions Editor

It's all over. My final political article, no more talking about the battle between Bush and Kerry, it has finally come to an end, and I couldn't be happier. Bush has won the election after a very long tough battle with John Kerry. Unfortunately there is still one thing that seems to bug me.

I am not going to sit here and tell you Kerry fans, that you lost because Bush is better. I am not going to gloat in your loss. I did not just say all of that to contradict myself, but to make a point. I find it to be very shallow of either the winners or losers of the campaign to rub it into the other person's face that they have just lost. For president, it is not about the title, but more about what you can do with that title. How you can help your country to be the best it can?

My sister, who is a democrat, was talking with a friend of hers that is a republican. He mentioned he was going to go watch Kerry's concession speech. He apologized to my sister that Kerry lost and she said it was okay, just something to move on from. He then replied with, well I am also sorry that you were misguided and misinformed. How was she misinformed and misguided? She voted what she thought was best for her. She voted her opinion. Now, where does he

get the right to tell her that her opinion is incorrect because it did not match up with his? Well he doesn't. An opinion is your own. Of course it can be swayed or changed, but it is never wrong. I respect everyone who has an opinion especially when they can support it.

Never wallow in someone else's loss. In my eyes, it makes the so-called winner, the real loser. A simple congratulations or it was a tough race, and I am you were an excellent competitor will suffice. It is polite and gets the point across. So, please, be kind and courteous with your words.

Never  
wallow in  
someone  
else's loss.  
In my eyes,  
it makes the  
so-called  
winner, the  
real loser.





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### "This Week In Greek"

#### Greek of the Week

She is a senior International Business and Operations Management major who works hard as the Catering Supervisor for Brown University.

She is very actively involved in campus activities.

She is the VP of the United Cultural Council, President of her sorority Sigma Lambda Upsilon, Secretary for Order of Omega, the Greek Honor Society and senior advisor for the Dominican Student Association.

Her sorority does an annual community service program at the Juvenile Correction Facility in which they go every week to talk to the girls about a different topic. Last year's topic was body image.

She is certainly making strides on this campus. The Greek of the Week is Karla Gonzalez!

#### Upcoming Events

Attention women:

Coming in December...

Sorority Membership Recruitment!

You'll never make a better decision than the one to explore Greek Life at Johnson & Wales University!

Order of Omega— Thanksgiving food drive

Nov. 1-17 — Look for collection boxes in the Residence Halls

#### Did You Know?

That as of Spring 2004  
35% of the Greek  
Population had a GPA  
of 3.0 or higher?

Opportunities for these students include the Order of Omega, the Greek Honor Society at Johnson & Wales University and other scholarships

Such as  
All-Ink.com  
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### The "Think You Know Movies" Game Show

Wednesday, November 10th  
9pm HRC 2nd Floor



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# STUDENT ACTIVITIES

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Harborside

- Be a part of a successful programming team
- Learn about history and culture
- Network with students of various backgrounds
- Challenge yourself to continually understand the process of diversity



## GAIN VALUABLE LEADERSHIP EXPERIENCE!

**Black History Month**

**Initial Meeting**

**Monday, November 15, 2004**

**5:00 p.m.**

**Multicultural Center, Xavier Complex**

*ALL WELCOME TO JOIN THE COMMITTEE*



## Mark Your Calendar!

Club & Organization

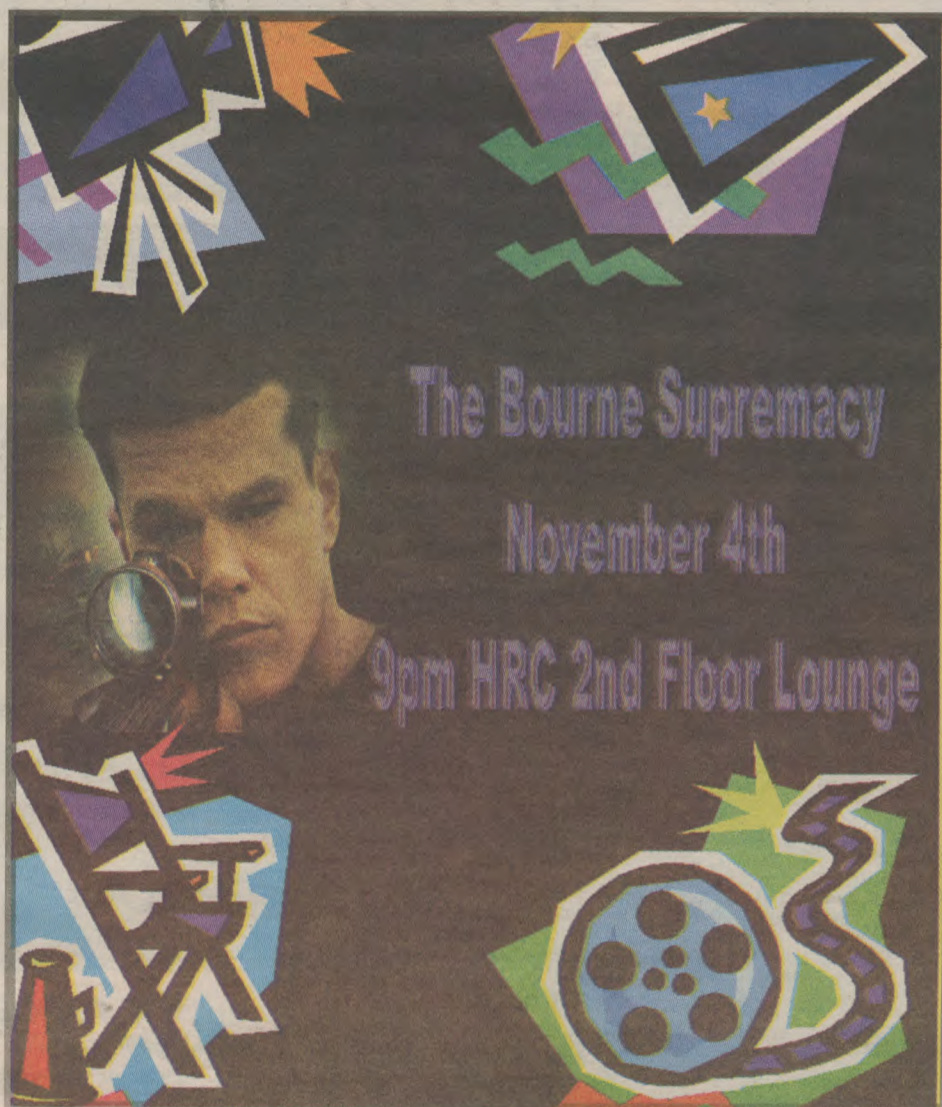
Training Day

December 13, 2004

4:00-5:00 Pepsi Forum

One representative from each organization needs to be present to be eligible for appropriations for the Winter Trimester

Questions call Sarah at x2943 or email at sf328@jwu.edu

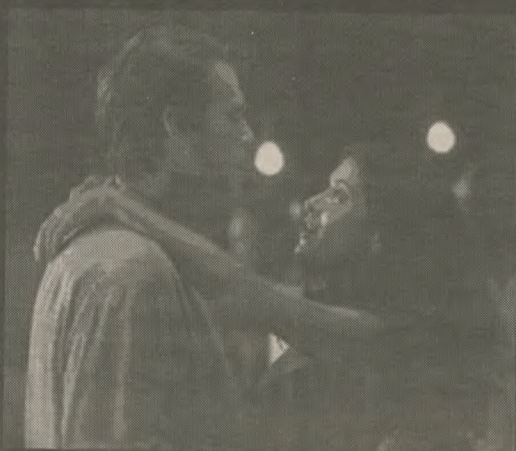




# Beneath the radar

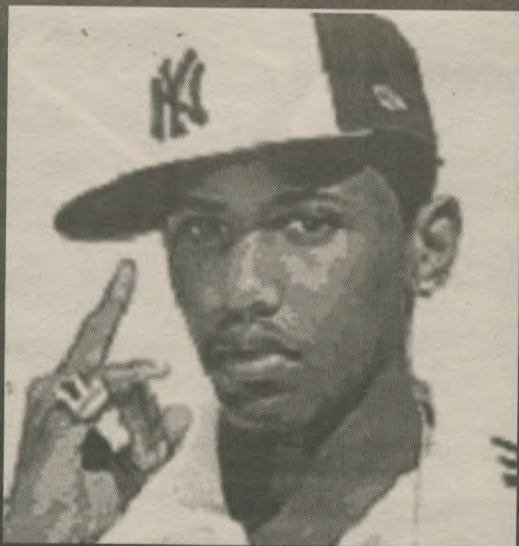
## A&E Staff Picks

### Movie/Soundtrack: After the Sunset



In the tradition of other clever heist movies like Ocean's 11 and the Italian Job comes After the Sunset starring Pierce Brosnan, Salma Hayek, and Woody Harrelson. Brosnan stars as Max in the story of a retired thief coming back for one last heist in his new tropical home. The plot continues to thicken as FBI agents and locals become involved in the heist. The movie is accompanied by a light dancehall soundtrack with the likes of Cutty Ranks, Sean Paul, and Kevin Lyttle. After the Sunset is set to be in theaters everywhere November 12.

## Music: Fabolous



The original mix tape champion is back. Fabolous delivers his fourth album Real Talk. The lead single for the album is the Just Blazed produced Breathe. Fabolous is set to deliver another dose of sick punch lines and witty lyricism. The album drops November 9, so keep your ear to the mix tape for circuits of new exclusive. There will be listening party on campus at the Multicultural Center on Friday, November 5.

# University accompanies 25 art galleries for Providence's gallery night

BY GINGER J. VIEIRA  
Staff-Writer

Parking was free for those who attended Gallery Night on October 21 from 5 p.m. to 9 p.m. that evening. Beginning at the Citizens Plaza, the free rides on the coach buses drove throughout Providence making stops at a total of 25 different art galleries spread throughout downtown, the east and west side.

Gallery Night has been taking place every third Thursday since March of 2004. The final event will take place November 18, also from five to nine in the evening.

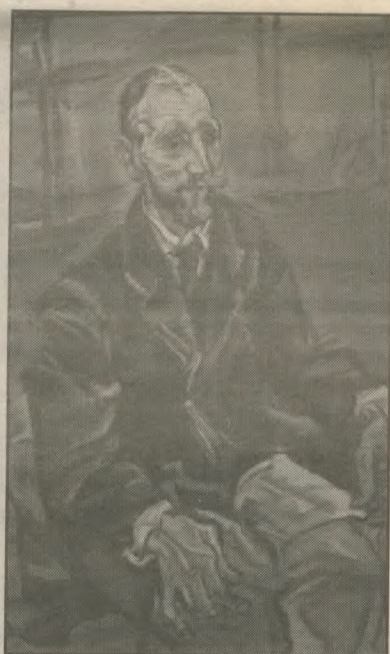
Johnson & Wales University, University of Rhode Island, Providence College, Roger William's University, Rhode Island School of Design and Brown University each had their own gallery art display, along with other professional galleries and museums.

A few of the galleries downtown included the Copacetic, Mathewson Street Church, The Space at Alice, Providence Metro Center Gallery and the AS220. Galleries on the East Side included the David Winton Bell Gallery, The Providence Art Club and



PHOTOS BY GINGER VIEIRA

**The next Gallery Night will take place on November 18 from 5:00 to 9:00 p.m.**



the Woods Gerry Gallery. A few of the galleries on the West Side were Gallery Z, the Bannister Gallery and Sol Gallery.

Gallery Night is organized by a committee headed by Cathy Bert who also owns the Bert Gallery.

The overall atmosphere of Gallery Night is relaxed and mellow. You simply get on a bus after parking for free at the Citizens Plaza and get off at the galleries of your choice. Visitors have the opportunity to view many different types of art. The classic pieces could be found in the RISD Museum. Between the array of Egyptian ceramics, Greek sculptures and traditional French paintings, it would be hard to not find yourself fascinated by something.

For those with a much more modern taste, you should visit the funky, colorful, mixed media creations designed by the RISD students at the Woods Gerry Gallery. The Bell Gallery also held several unique artistic approaches created by students from Brown University. The majority of the designs consisted of large, animated paintings or photographs including sound, projected onto a large, blank wall.

If you're looking for a little artistic inspiration, catch the bus on the 18 of November to view the arts of Providence yourself! For more information visit [www.gallerynight.info](http://www.gallerynight.info).

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# Culinary

## Ming Tsai to motivate students in November *Television icon to address students in amphitheater*

BY ERIN MADORE  
Culinary Editor

Johnson & Wales University will be graced with celebrity chef Ming Tsai on November 17 at 10 a.m. Tsai will give a presentation in the amphitheatre on his books, television show and career as a chef extraordinaire. After speaking to students he will answer questions for thirty minutes and then he will be signing books outside of the University Book Store.

Many people know Ming Tsai as the television icon on the Food Network and co-owner of Blue Ginger, an Asian-fusion bistro in Wellesley, MA; however, his talents are not limited to the kitchen as he is also an author, spokesman and businessman. Working his way up from apprenticeships in Europe, to working across America in the front and back of restaurants and hotels, to launching television shows and his own restaurant, to other prominent business ventures.

Tsai's love for cooking and eating began as a small boy growing up in his hometown of Dayton, Ohio where he spent innumerable hours cooking with his parents in their family owned restaurant, Mandarin Kitchen. Although cooking was one of his first loves, he headed to Yale University where he earned his Bachelor's degree in Mechanical Engineering.

He never wandered very far from cook-



Ming Tsai will offer students advice on November 17 in the amphitheater.

ing throughout college though, and even went to Le Cordon Bleu, the cooking school in Paris, during his sophomore summer. Upon graduation, he realized he wanted to focus completely on food. This caused him to travel across the globe training under renowned chefs such as Pastry Chef, Pierre Herme and Sushi Master Kobayashi.

When he returned to the United States it was clear he made the right decision as he enrolled in Cornell University to earn his Master's degree in Hotel Administration and Hospitality Marketing. Tsai realized throughout his life that not only a proper education was necessary to succeed, but also working and learning in the industry was just as important.

Never giving up his dream to open his

own family restaurant, it finally became a reality in February of 1998, when he and his wife Polly opened Blue Ginger. Since it's opening the restaurant has won numerous awards. The Boston Globe gave it 3 stars and was named "Best New Restaurant" by Boston Magazine in 1998 alone, and by 2003 it was named "2nd Most Popular Boston Restaurant" by the Zagat Restaurant Guide. Tsai was also named "Chef of the Year 1998" by Esquire Magazine and the James Beard Foundation crowning him as the "2002 Best Chef Northeast."

If you want to catch Tsai in action, just flip to the Food Network where he was the 1998 Emmy Award Winning Host of East Meets West, Cooking with Ming Tsai and Ming's Quest. Another place to find Tsai is

in the bookstores with his 5th edition of Blue Ginger: East Meets West Cooking with Ming Tsai, being placed in Food and Wine Magazine's twenty-five best cookbooks list in 1999.

Reaching for the stars once again, Tsai signed on with Target, whom introduced the idea of a partnership in the winter of 2000. Tsai believes that having such a large corporation supporting him will allow him added opportunities to enlighten more people on cooking East-West food at home that is not only tasty and healthy but also fun and affordable.

Tsai loves giving back to his community and aspiring chefs, as he is the spokesman for National Food Safety Education Month, and even helped raise money for the Universities Student Culinary Olympic Team.

On September 17, 2004 Tsai donated some of his time and persuasive skills to the team, co-hosting the fundraiser with the Clarke Corporation, New England's leader in luxury appliances, raising more than \$13,000 for the team's trip and necessities.

Throughout the night while the J&V team was giving demonstrations and answering questions Tsai was continually encouraging the attendees to give generously to the silent auction benefiting the team.

Tsai is an inspiration for knowledge to students in any field.

## Homecooked food from Mama Teresa

BY HILARY BEARD  
Staff-Writer

In Colorado Springs, where I grew up, there is a small independently owned eatery called The Olive Branch, which features a menu full of fresh, interesting and delicious meals. I enjoyed eating there, and occasionally found myself telling friends or family about the food.

But due to their similar names, I often confused The Olive Branch with another place, The Olive Garden; where, as one observant friend put it, everything tastes like a frozen dinner. Each time this happened, my eager listener's face would acquire a look of disbelief and scorn, and I soon realized my mistake.

A similar expression crossed the face of the wonderful woman behind the counter at Mama Teresa's, when I asked her if the soups were homemade.

"Oh yeah," she said, definitely. "Everything here is homemade."

The calzones (\$3.49) are a prominent and popular item, lined up like loaves of bread on a shelf on the wall. The Eggplant calzone is stuffed with eggplants Parmigiana, quite flavorful and soft. The spinach calzone is salty and succulent. "Specialty" calzones vary daily, and tend to diminish rapidly during the downtown business-people's lunch hour. Order any of the calzones, and you will soon be enjoying the crisp-yet-chewy crust that comes from fresh dough, made in-house, and trying to decide which is better: the crust or the stuffing.

### - FIRST PERSON -

Another hand-held quick-lunch offering is the assortment of sandwiches (\$5.49). Each is served on a large, split Italian

Mama Teresa's enthusiastically admitted he eats it "all the time." The veal itself is plenty, and rivals the tenderness of the sliced mushrooms. Both soak in their own rich gravy, which is made perfectly tangy with a bit of tomato (but is certainly not

### • RESTAURANT REVIEW •



sandwich roll, with hot fillings that include Meatballs, and Sausage and Peppers.

If you have the time and inclination, sit down to one of the entrees with pasta (\$6.99). There is a long list of chicken preparations, and a selection of "Italian Delights"-more eggplant dishes, as well as veal. All of the entrees are displayed in a refrigerator deli case, so you can see which looks most appealing to you. Once you have decided, your entrée is heated to serve, and heaped steaming next to your pasta of choice.

The veal and mushrooms entrée is particularly good. A young man working at

"red"!).

Since it was near closing the day I tried veal and mushrooms, there was but one serving of Fusilli and Spinach to represent the entire pasta section of the menu. The young man who served it to me, though, recommended it as highly as anything else. Everything is good here, he explained, because his grandmother makes it all from scratch. Bright green spinach, twisted around the little corkscrews, made for an attractive and tasty presentation, and the light, creamy white sauce was also delicious.

Get there before closing time (usually

around 3:00 p.m.) and there will be lots of pastas in the case for you to choose from, as well as risotto and gnocchi.

After recovering from my embarrassment at the notion of canned soup, I was able to taste Mama Teresa's homemade chicken variety; a large, piping hot bowl of flavorful chicken broth with orzo, noodles, carrots, and celery (\$2.99).

Pasta Fagioli, a hearty bean and pasta soup, is a warming winter special that will soon be available. With some bread and butter served on the side, it is sure to make a satisfying lunch on a snowy day.

Sit down at one of the friendly, green-clothed tables in the small, sunny front room, and sip a Fresca while you wait briefly for your food. You can listen to the country radio station that often plays, and soon one of the friendly counter people will bring your order.

For dessert, there are several varieties of cookies, including butterballs and ricotta cookies. All are placed blatantly beneath the register and priced so that you can try one of each if you desire.

After all of this great "home-cooked" food, you may feel like rushing straight back to the kitchen with a big hug for the Italian grandma you never knew you had. Maybe she would like that, but leaving a generous tip will suffice, and you will have plenty of cash left to do so.

When telling friends about Mama Teresa's, you should have no fear of scornful looks. Just be ready to accompany your eager listeners down to Westminster Street for some of that good food you've been talking about.



# Feeling Down? Exercising is the answer to your problems

By ERIN MADORE  
Culinary Editor

While your in bed, your alarm clocking ringing, do your muscles ache, your head throb and your body feel as though you have been comatose for the past year? Do you feel stressed and emotionally drained by the end of each day, even after having a 'good' day? Maybe your physical and emotional problems surpass your daily diet, class work, housing situation, relationships and all other aspects of your daily life that provide us with challenges to overcome every day.

Young adults have all probably heard countless times how exercise is "good for you." Were you aware that exercising can actually help you feel good?

Getting the right amount of exercise can rev up your energy levels and even help you feel better emotionally. Exercise benefits every part of the body, including the mind and can lead to a person feeling more peaceful and happy with themselves, others and their environment.

Experts recommend that adults get 30 to 60 minutes of physical activity per day. Although having time to exercise may seem out of reach, it will definitely have a positive impact on your life as a whole and make your life easier.

Senior Marcello Moyano, a student assistant at the Harborside Gym, had good advice for all students, even those with hectic schedules when he said, "You should make exercise part of your life even as another class you go to every day, even if it is for only 20 minutes."

Exercising has countless rewards and benefits that can help you become a better person and do better in all facets of your life, from school to relationships. Some advantages to exercising are that it can help you get a good nights sleep, feel stronger and more powerful which will help your self-esteem, help you look better, and at the end of a work out you are

always left with a feeling of accomplishment which can be very inspirational and motivational. Not to mention the numerous benefits exercising has on your health and immune system by helping decrease a person's risk of developing certain diseases.

There are three types of exercising techniques which people should base their work out routines around: Aerobic, Strength Training and Flexibility training.

Aerobic exercise is known as the most popular types as it is any type of exercise that gets the heart pumping and the muscles using oxygen, this includes almost all team sports, as well as swimming, dancing, running, biking, and briskly walking.

Strength training is when you are using specific muscles so they become stronger; this form of exercising is good if you want to be active for a longer amount of time without getting worn out. There are different types of exercises to strengthen muscles.

For your arms you can try rowing or pull-ups and push-ups, to build stronger legs try running, biking, or skating, and to craft shapely abs try bike riding, and old fashioned crunches.

Flexibility training helps the body stay flexible so your muscles and joints can stretch and bend easily. Even though working on your flexibility is quite easy and can be done anywhere since you are mainly just using your own body and strength to stretch your muscles, many students do not view stretching as important and do not even stretch before exercising, which can lead to sustaining injuries. Classes such as yoga, pilates, and stability training are also all great ways to help your body become more flexible.

Finding out which exercise style is right for you can help you have more fun while exercising and also keep you interested so you do not quit exercising altogether. The best way to choose is to try different types of exercising and find which one fits you



PHOTO BY ERIN MADORE

**Tai Chi, Karate, Ballroom Dancing, and Bowling are all offered by the athletics department. For more information visit their link at [www.jwu.edu](http://www.jwu.edu).**

best.

Working out in either the Harborside or Downtown gym is usually the first choice for many students, as they have great hours to accommodate any student and the staff are excellent at making everyone feel welcome and always available to help students with machines, work out plans and specific techniques.

Other than the gym, the school offers many different programs for you to choose from; such as, Intramural Sports including basketball (11/15/04 entry deadline), volleyball, softball and spring football. All of these activities usually offer men's, women's and co-ed version to cater to everyone's preferences and wishes.

Also, the Harborside Recreation Center offers group aerobics, which incorporate yoga, kick boxing, pilates, step, and mixed combinations that incorporate different techniques into one intense hour. Along with all other programs the school has to

offer and their wide range of hours the gym is open, every student's desires should be able to be met or compromised.

Sadly, with all of the craziness going on in students' lives exercising is either viewed as a chore and a waste of time, or too time consuming for students that do find exercising to be beneficial but do not have the time.

No matter who you are or what you have to do, the gym is the perfect place for every student to relieve stress, and feel better physically and mentally, especially with exams and holidays right around the corner.

So, when you have had enough of studying and homework and need a quick break, instead of switching on the television head over to the gym. When you wake up your muscles will not feel as tense, your throbbing headache will be toned down a decimal, and some of that built up stress will have disappeared.



## Wheaton College Dining Services

We are seeking creative, hard working food service professionals to help build the dining programs at Wheaton College. Experience is required.

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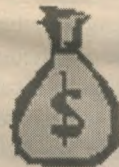
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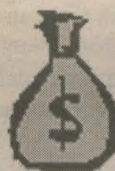
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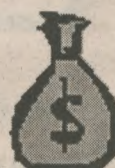
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# WORLD BRIEFLY

- Associated Press



## U.S. Jets Pound Fallujah Ahead of Assault

NEAR FALLUJAH, Iraq (AP) — Long convoys of American soldiers rolled onto a dust-blown base on the outskirts of Fallujah as U.S. warplanes intensified attacks in preparation for a wider assault on the city, a symbol of Iraqi resistance.

More than 10,000 American soldiers and Marines massed for an expected offensive, and Iraq's prime minister warned the "window is closing" to avert an attack.

U.S. planes dropped five 500-pound bombs at several targets in Fallujah early Saturday, including a factory as well as suspected weapons caches. The drone of U.S. aircraft heading toward Fallujah could be heard over Baghdad. The U.S. military said the main highway into Fallujah has now been completely sealed off.

Residents reached by telephone Friday said the air raids were the most intense in months, and that, as well as bombs, U.S. planes dropped leaflets urging women and children to leave Fallujah, a city of some 300,000 people 40 miles west of Baghdad.

As pressure mounted on the guerrilla stronghold, the insurgents struck back, killing one U.S. soldier and wounding five in a rocket attack. Clashes were reported at other checkpoints around the city and in the east and north of Fallujah late in the day. An AC-130 gunship fired at several targets as U.S. forces skirmished with insurgents, the Army said.

## Comatose Arafat Clings to Life in Paris

CLAMART, France (AP) — Having lapsed into a coma, Palestinian leader Yasser Arafat was clinging to life Saturday at a French military hospital as aides voiced increasing concern about the lack of improvement in his condition.

Doctors said late Friday there had been no change — for better or worse — in the 75-year-old patient's health. They have yet to offer any official public diagnosis.

"The state of President Yasser Arafat's health has not worsened," Gen. Christian Estripeau told reporters camped outside the hospital. "It is considered stable since the previous health bulletin."

In an equally terse statement Thursday, the hospital spokesman denied rumors that Arafat was dead.

In Gaza City, Palestinian Foreign Minister Nabil Shaath denied that Arafat was clinically dead or on a life support system. But he expressed concern at the lack of improvement in Arafat's condition.

## Jerusalem Burial for Arafat Unlikely

JERUSALEM (AP) — Israel remains determined to deny Yasser Arafat burial in Jerusalem, though Palestinian officials say such a generous gesture could go a long way toward building trust destroyed in four years of fighting.

Israel fears acceding to Arafat's request to be buried in Jerusalem's Al Aqsa Mosque would strengthen Palestinian claims to the traditionally Arab sector of

the city as a future capital.

One Cabinet minister on Friday said that the holy city is reserved for the burial of Jewish kings, "not Arab terrorists."

Palestinian officials said publicly that it is inappropriate to talk about funeral arrangements as long as their 75-year-old leader clings to life at a Paris hospital. A hospital spokesman said Friday that Arafat was in a coma and "has not gotten worse."

One official said Palestinian leaders are hoping to enlist international support for a burial at the Al Aqsa Mosque compound, Islam's third-holiest shrine, which was built on the ruins of the biblical Jewish temples.

## Mexico Looking for U.S. Migration Accord

MEXICO CITY (AP) — Mexico is holding out hope that Latin America will get more attention during President Bush's second term and obtain changes in what a senior Cabinet minister calls "absurd" U.S. immigration policies.

Secretary of State Colin Powell, Homeland Security Secretary Tom Ridge and several other U.S. Cabinet members are expected to begin a two-day visit to Mexico City starting Monday. During the talks, Mexico will push for a long-awaited accord on migrants' rights — and seek to put the region back on the White House agenda.

"It's absurd that (the United States) is spending as much as it's spending to stop immigration flows that can't be stopped ... instead of using that money on real threats that pose risks for both countries," Interior Secretary Santiago Creel said earlier this week.

Creel said he sensed "an openness to talking about immigration issues" but warned against "raising expectations beyond what is politically viable and really possible," a reference to resistance among U.S. legislators, despite a pair of temporary worker bills already before Congress.

Mexico acknowledged it suffered a setback in the Nov. 2 elections, when Arizona voters approved Proposition 200, a ballot initiative aimed at keeping illegal immigrants from voting and obtaining some government services.

## Beheadings on Rise Around the World

ANKARA, Turkey (AP) — It was called "Operation Baghdad" and, to be sure, the headless bodies of the three police officers recalled the violence in that city. But these attacks happened in Haiti, not in Iraq.

Beheadings are on the rise around the world, as militants in other causes take note of the shock and publicity the brutal tactic has generated in Iraq.

Thailand and the Netherlands are two other countries where suspected extremists recently beheaded or slit the throats of their victims in what appear to be copycat attacks.

Rime Allaf, associate fellow at the Royal Institute of International Affairs, said beheadings are increasing because the practice "has so horrified us in the West."

"It achieves results and it makes the headlines," Allaf added. "People are talking about groups that we've never heard about before."

## Mount St. Helens Sprouts Magma Extension

SEATTLE (AP) — The new lava lobe inside Mount St. Helens' crater has sprouted a piston-like protrusion the size of a 30-story building — glowing red at night.

"The magma is pushing the plug upward. It's going high in the sky," said hydrologist Carolyn Driedger of the U.S. Geological Survey at the Cascades Volcano Observatory in Vancouver, about 50 miles from the southwestern Washington mountain.

One section of the new lobe has risen by 330 feet in the past nine days, Driedger said Friday. Exact dimensions are not yet known but will be determined from photos taken Thursday.

"It seems like every time you think you know what's going on, (the volcano) twists and does something different," said Jeff Wynn, chief scientist for volcano hazards at the observatory.

Two scientists flew into the crater by helicopter Thursday and landed beside the new structure, under strict orders to stay no longer than 10 minutes to collect samples, he said.

## Military Snipers Learn From Competition

FORT BENNING, Ga. (AP) — Corp. Eugenio Mendoza, a young veteran of the Iraq war, had to carry his buddy for 50 yards, scale an 8-foot wall and crawl through a water-logged tunnel at the 4th International Sniper Competition, where the challenges are designed to simulate combat scenarios in Afghanistan and Iraq.

"It's good stuff we never thought about," said Mendoza, 27, a sniper with the Army's 101st Airborne Division at Fort Campbell, Ky. "We're definitely going back and use what we've learned in these events."

Military snipers are skilled marksmen who are trained to kill key enemy targets — usually with one shot over distances that would be considered impossible for regular soldiers armed with M-16 rifles.

Sponsored by the sniper school, the five-day competition that ended Friday is designed to test the marksmen's ability to fire at targets up to 800 meters away, to stalk and conceal themselves, to fire from a variety of positions after strenuous physical exertion and to quickly pick out a villain holding hostages and then deliver a lethal shot.

The competitors included 18 Army and Air Force teams from as far away as Alaska and two teams from the Canadian Army.

## Judge Won't Consider Jackson Case Delays

SANTA MARIA, Calif. (AP) — With Michael Jackson's child molestation trial set to begin Jan. 31, the judge scheduled an exhaustive series of hearings to resolve all pretrial motions and advised lawyers for both sides he won't consider any delays.

Also Friday, lawyers on both sides spent hours poring over file folders seized by sheriff's deputies from the home of Jackson's personal assistant to sort out those that would be considered confidential. They were not released in open court.

The Los Angeles home of Evelyn Tavares was searched Sept. 15. Jackson's attorney Thomas Mesereau Jr. contended attorney-client privilege was violated because deputies seized items related to the pop star's legal representation — including folders labeled "Mesereau."

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**ARIES (March 21 to April 19)**  
A long-sought workplace change could be happening soon. Consider reworking your ideas and preparing a presentation just in case. A personal relationship takes a new turn.

**TAURUS (April 20 to May 20)**  
Your persuasiveness doesn't really start to kick in until midweek. By then, you can count on having more supporters in your camp, including some you doubted would ever join you.

**GEMINI (May 21 to June 20)**  
Your workload is still high, but -- good news! -- you should start to see daylight by the week's end. Reserve the weekend for fun and games with friends and loved ones. You deserve it.

**CANCER (June 21 to July 22)**  
Regardless of how frustrating things are, keep that "Crab" under control. A cutting comment you might think is apt right now

will leave others hurting for a long time to come.

**LEO (July 23 to August 22)**  
Be more sensitive to the emotions of loved ones who might feel left out while you're stalking that new opportunity. Be sure to make it up to them this weekend. A nice surprise could be waiting.

**VIRGO (August 23 to September 22)**  
The gregarious Virgo rarely has a problem making new friends. But repairing frayed relationships doesn't come easily. Still, if it's what you want to do, you'll find a way. Good luck.

**LIBRA (September 23 to October 22)**  
A misunderstanding with a partner or spouse needs to be worked out before it turns into something really nasty. Forget about your pride for now and make that first healing move.

**SCORPIO (October 23 to November 21)**  
Communication dominates the week. Work out any misunderstandings with co-workers. Also get back in touch with old friends and those family members you rarely see.

**SAGITTARIUS (November 22 to December 21)**  
As busy as your

week is, make time for someone who feels shut out of your life. Your act of kindness could later prove to be more significant than you might have realized.

**CAPRICORN (December 22 to January 19)**  
Congratulations. Your busy workweek leads to some very satisfying results. Sports and sporting events are high on your weekend activities aspect. Enjoy them with family and friends.

**AQUARIUS (January 20 to February 18)**  
Your generosity of spirit reaches out once again to someone who needs reassurance. There might be problems, but keeping that line of communication open eventually pays off.

**PISCES (February 19 to March 20)**  
You are among the truth-seekers in the universe, so don't be surprised to find yourself caught up in a new pursuit of facts to counter what you believe is an insidious exercise in lying.

**BORN THIS WEEK:** You believe in loyalty and in keeping secrets. All things considered, you would probably make a perfect secret agent.

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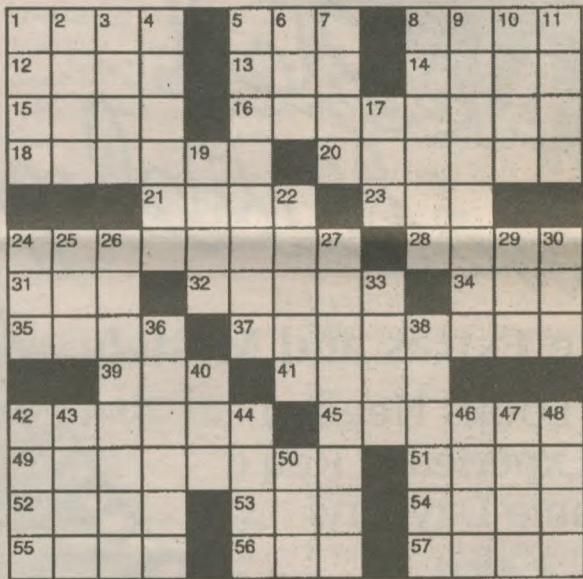
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## King Crossword

### ACROSS

- 1 Butterfly-ballot attachment
- 5 Go like a frog
- 8 Wound cover
- 12 Threw
- 13 Anger
- 14 Top-notch
- 15 "Clueless" expletive
- 16 100 percent
- 18 Ebert's write-up
- 20 Speechifies
- 21 Biblical boatwright
- 23 "Go, team!"
- 24 Kept away
- 28 Do some darning
- 31 Miss Piggy's pronoun
- 32 Vestige
- 34 Unkempt place
- 35 Long story
- 37 Anise-flavored liqueur
- 39 Stolen
- 41 Big truck
- 42 Subordinate official
- 45 Lots to offer?
- 49 Theoretical
- 51 Heart of the matter
- 52 Dog's nuisance
- 53 Be contrite
- 54 Press



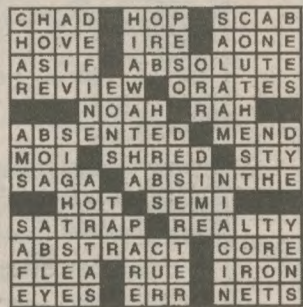
- 55 Spuds' buds
- 56 Mess up
- 57 New Jersey cagers
- 8 Obeisant bow
- 9 Most sophisticated
- 10 Initial chip
- 11 Honey bunch?
- 17 Bobby of hockey
- 19 Many millenia
- 22 KFC additives
- 24 Early hrs.
- 25 Feathery neckpiece
- 26 Check out the tourist spots
- 27 Rat
- 29 To the -
- 30 Coloring agent
- 33 Thinness comparison
- 36 Heart-lines?
- 38 B-complex acid
- 40 Pitch
- 42 Secure
- 43 With skill
- 44 Rid of rind
- 46 Traditional tales
- 47 Jog
- 48 Longings
- 50 Mongrel

### DOWN

- 1 Burn somewhat
- 2 Firetruck need
- 3 Tel -
- 4 What dictionaries do
- 5 Longfellow hero
- 6 Sphere
- 7 Mexican money

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## King Crossword — Answers



## HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.  
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